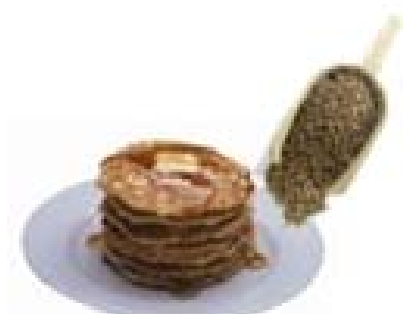


Buckwheat Pancakes Recipe

Ingredients:

- 1/2 cup nonfat yogurt
- 1/2 cup nonfat milk
- 1 teaspoon vanilla extract
- 1/4 cup buckwheat flour
- 1/2 cup rolled oats
- 1/4 teaspoon baking soda
- 1/4 teaspoon baking powder
- 1 egg white
- 1 tablespoon apple juice concentrate



Directions:

Mix the yogurt and milk with the vanilla. In a separate bowl, combine the buckwheat flour and rolled oats with the baking soda and powder. Fold all of these ingredients together. Beat the egg white until it is stiff, then gently fold into the other ingredients.

Pour onto a very hot nonstick skillet or one that has been lightly coated with vegetable oil spray. Turn the pancakes when the edges have browned and bubbles have formed on the top. Cook another minute or so until done.

Top with fresh fruit, unsweetened preserves, applesauce, or nonfat yogurt.

Yield: Twelve 3-inch pancakes (4 servings)

Nutrition (per pancake):

Calories: 103

Total Fat: 0.8g

Saturated Fat: 0.2g

Cholesterol: 1mg

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